

Shelton State
Baseball Guide
1994
Part 2

Freddie Smiley

6'2"

Freshman

206

Bats Right, Throws Right

Decatur, AL

30

Outfield



Personal Chart

College Major: Business

Hobby: Basketball

Favorite Athlete: Barry Bonds

Greatest Sports Thrill: Willing state playoff, 14-15 year olds.

Birthday: September 3, 1973

Outstanding senior at Decatur H.S. ... Coach Godsey323 batting average ... All Area, All City Award ... Honorable Mention, All State.

Jonathan Songer

6'

Sophomore

173

Bats Right, Throws Right

Jasper, AL

16

Infield



Personal Chart

College Major: Undecided

Birthday: August 11, 1974

Coached by Greg Tinkier at Walker High School ... Retained .300+ batting average through high school ... Played at K.C. Royals' spring training facilities.

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Brian Sparks

6'3"

Sophomore

190

Madison, AL
Bats Right, Throws Right

18

Infield



Personal Chart

College Major: Undecided

Birthday: October 22, 1973

Information unavailable

Slade Stewart

5'10"

Freshman

170

Huntsville, AL
Bats Right, Throws Right

5

Infield



Personal Chart

College Major: Elementary Education

Hobbies: Bowling, Nintendo

Favorite Athlete: Deion Sanders

Greatest Sports Thrill: Winning '93 state championship

Birthday: July 21, 1975

.372 batting average ...
Butler High School ...
Coach Billy Coggins ...
East-West All Star ... '93
American Legion State
Championship.

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Kevin Stone

5'8"

Freshman

155

Tuscaloosa, AL
Bats Right, Throws Right

6

Catcher



Personal Chart

College Major: Undecided

Played for Coach Dennis Alvarez at Hillcrest H.S. ...
Batting average .311 ...
Area champions in 1990 and 1993.

Hobbies: Collecting baseball cards, Basketball

Favorite Athlete: Carlton Fisk

Birthday: May 3, 1974

Randy Sumner

6'2"

Sophomore

188

Cottondale, AL
Bats Right, Throws Right

22

Outfield



Personal Chart

College Major: Environmental Science-Forestry

.515 batting average senior at American Christian Academy ... Coach Ken Johnson ... MVP 2 consecutive years ... Captain award ... American Legion Post 208 2 years ... Football and basketball ... 3.0+ GPA.

Hobbies: Fishing and Hunting

Favorite Athlete: Will Clark

Greatest Sports Thrill: Winning state championship senior year.

Birthday: October 26, 1973

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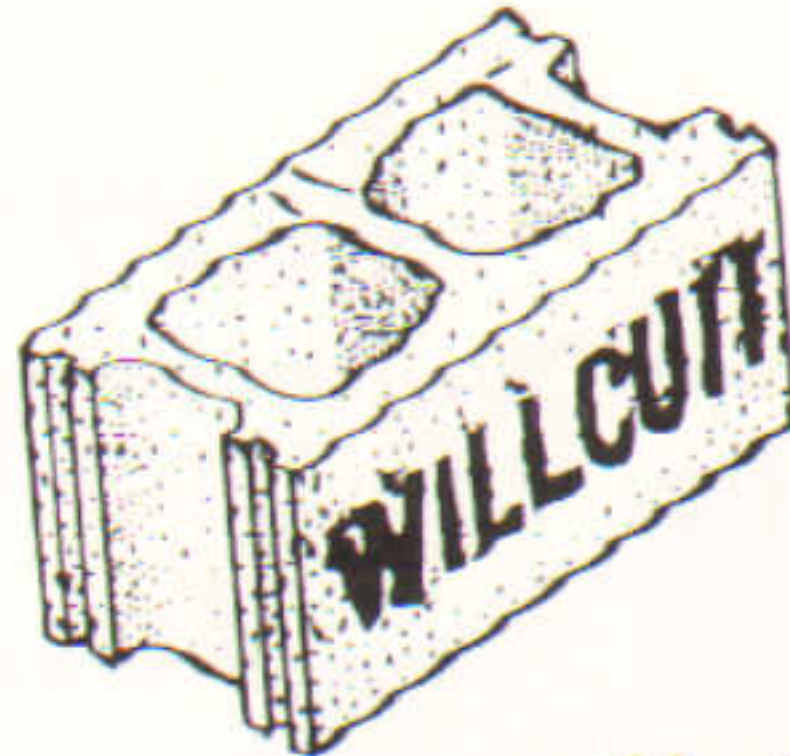
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Kevin Thomas

5'9"

Freshman

160

Nauvoo, AL
Bats Left, Throws Left

Redshirt

Pitcher



Played for Coach Craig Bell, Winston County High School ... Made All County 3 years ... 2nd in county championship ... Agribusiness scholarship award.

Personal Chart

College Major: Undecided

Birthday: July 7, 1973

Brad Wright

6'3"

Freshman

182

Northport, AL
Bats Right, Throws Right

23

Pitcher



Record of 14-5 as pitcher at Hillcrest High School ... Coached by Phil Robinson and Dennis Alvarez ... East-West All Star ... Area 7 champions 2 years ... Scholar/Athlete scholarship ... Presidential Academic Fitness Award ... US Reserve scholar/athlete award ... Honor student.

Personal Chart

College Major: Accounting

Hobbies: Basketball, Fishing

Favorite Athlete: Jack McDowell

Greatest Sports Thrill: Pitching in state championship playoffs.

Birthday: May 7, 1975



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1994 Redshirts

Joe Flannagan	5'10" Freshman	180 Panama City, FL Bats Right, Throws Right
Shannon Hamilton	6'3" Freshman	170 Thorsby, AL Bats Left, Throws Left
Jason Mills	5'10" Freshman	155 Northport, AL Bats Right, Throws Right
Grant Morrow	6' Freshman	180 Sumiton, AL Bats Right, Throws Right
David Patrick	6'2" Freshman	220 Tuscaloosa, AL Bats Right, Throws Right
Ron Snell	5'9 " Freshman	150 Tuscaloosa, AL Bats Right, Throws Right



Freshmen

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Pressed for time, athletes often do not have enough help to ensure their safety while working out. And, allowing athletes to work out by themselves exposes coaches to liability should an athlete be injured.

Circuit training may be the answer for athletes and coaches. Circuit training helps athletes achieve good results in a shorter period of time and with less supervision. Performed three days a week, circuit training uses all the machines in the weight room and allows coaches to do some of their favorite exercises.

To work the upper body, use the biceps curl and triceps extension machines, incline bench and a variety of shoulder exercises. To work the lower body, use squats, leg curl, leg press, leg extension, calf raises and lunges. Of course, there are many other exercises that will benefit athletes.

During the first meeting go through the weight room and show athletes the correct techniques for using each machine. Allow the athletes time to become familiar with the machines during the rest of the meeting. The time at each station may vary due to the allotted period. During the first couple of weeks, have athletes use lighter weights and work 25 to 30 seconds with 8 to 10 second rest periods. The rest periods

should give the athletes just enough time to move on to the next machine. While the athletes move, encourage them to work harder or praise a particular athlete to motivate the others. If this does not work and some of the athletes are just going through the motions, make them stay at the same station and start over.



After athletes adjust to the program and begin to show strength gains, increase them to a heavier weight but also decrease the time. Athletes will then be able to go through the circuit twice since it can be done faster. After the last station, athletes need to work on the abdominal muscles. Incorporate a variety of exercises, including sit-ups, crunches and Russian-twists.

These exercises will help develop muscle endurance, power and strength to the upper and lower body. Remember, training is specific. The more closely a weight-training movement simulates the movement of the sport, the more helpful it is likely to be.

*Chris Smelley,
Assistant Baseball coach,
Shelton State community College,
Tuscaloosa, Alabama*



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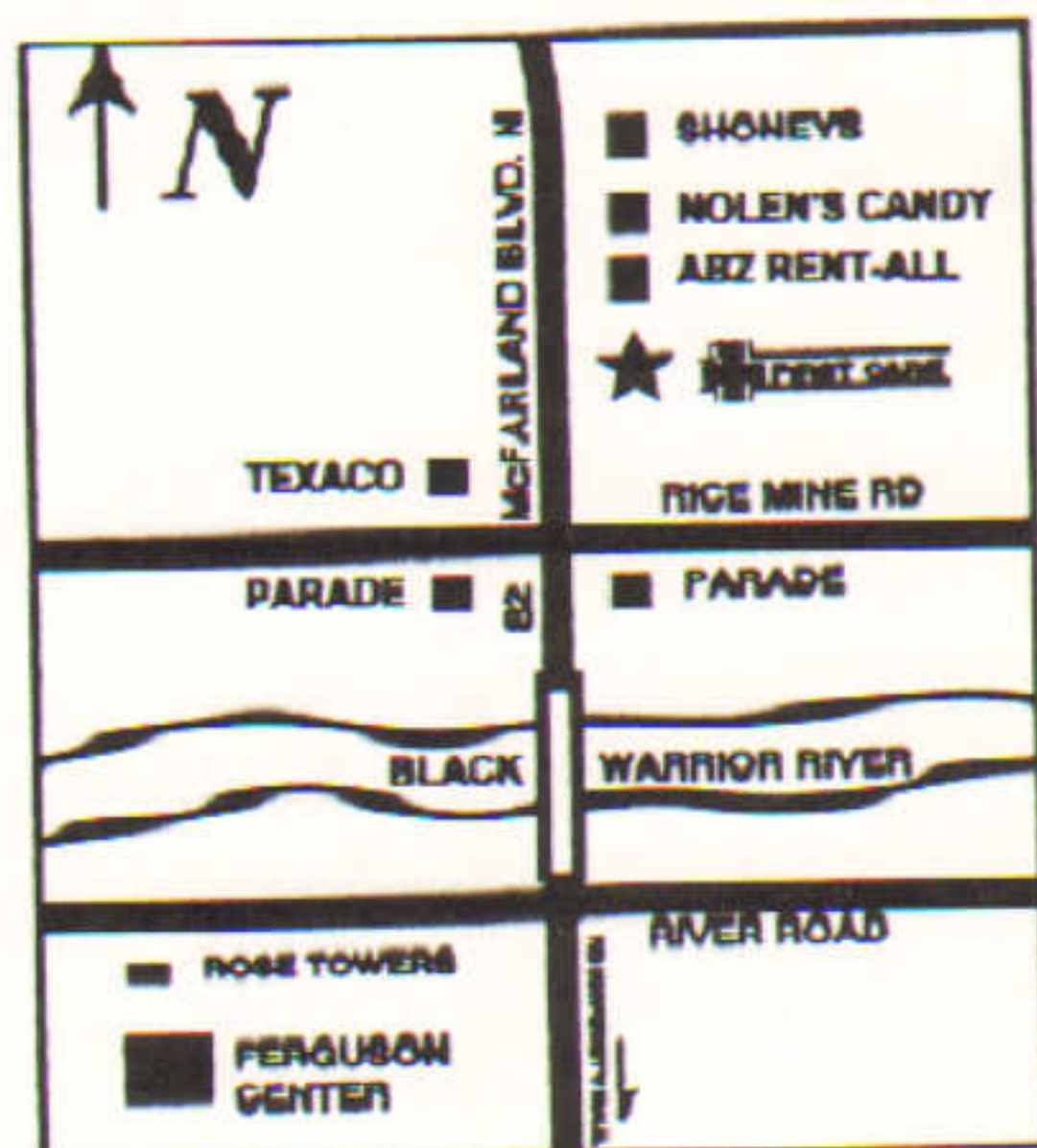
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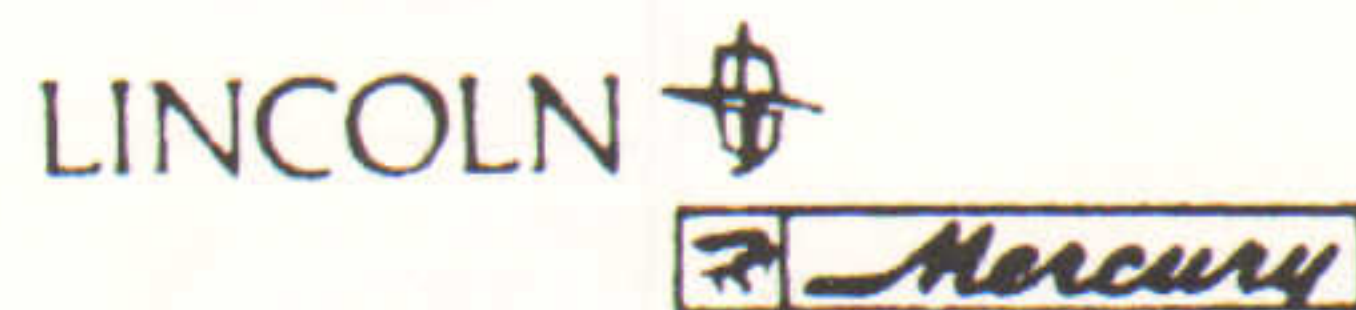
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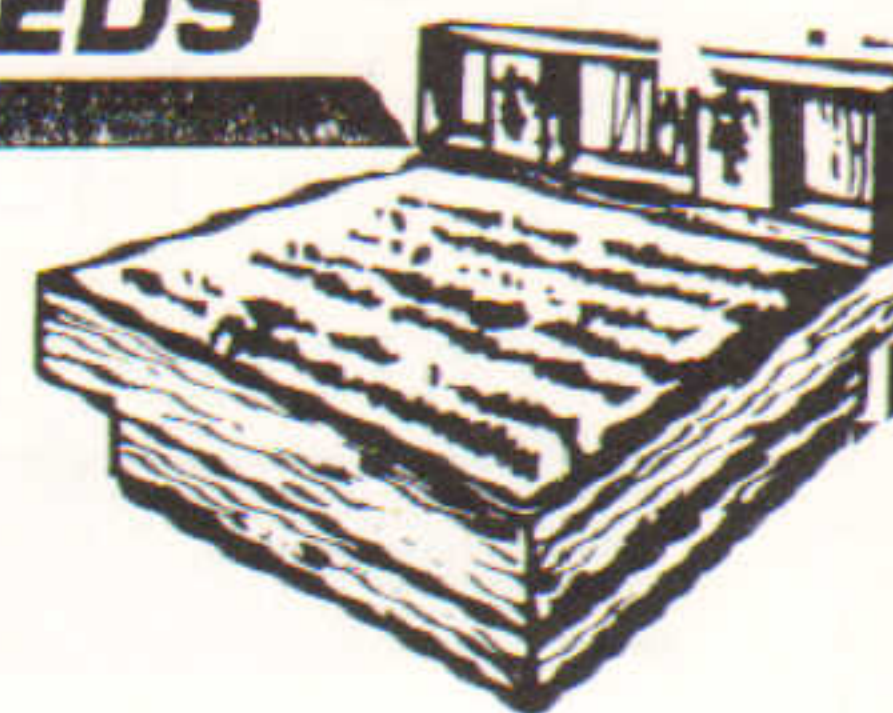


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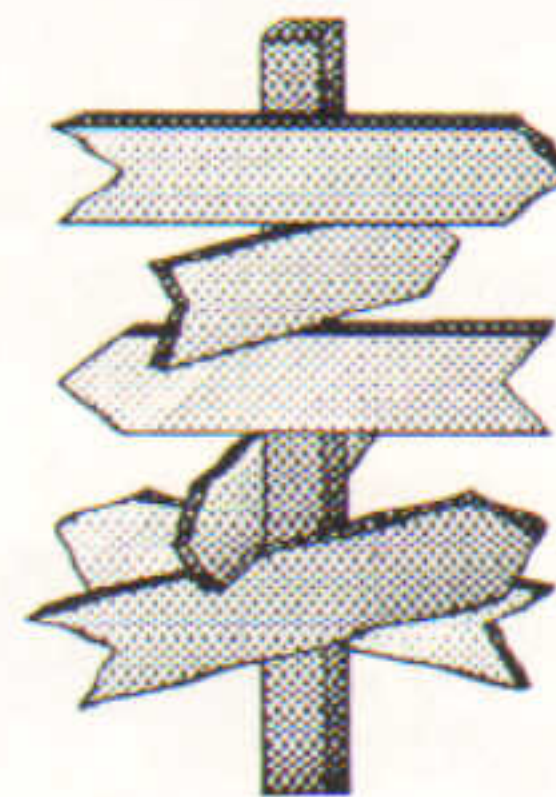


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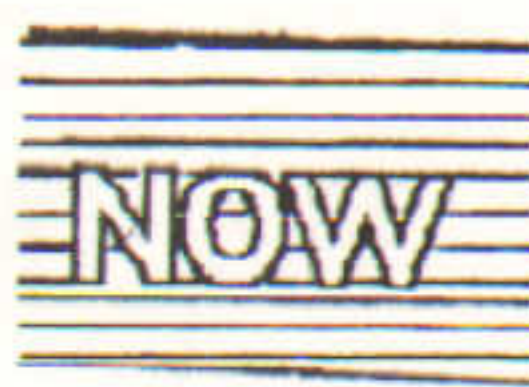
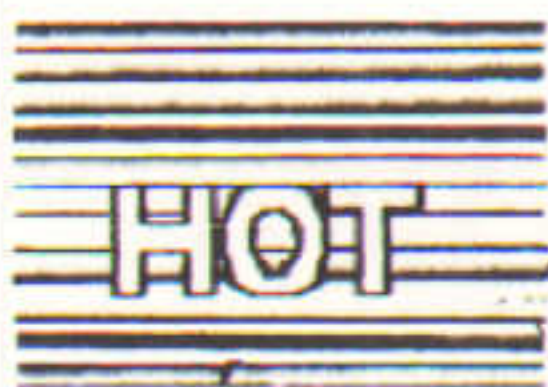
sort through information and make sound business decisions.

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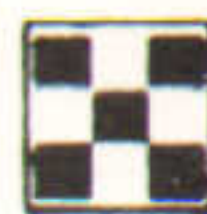
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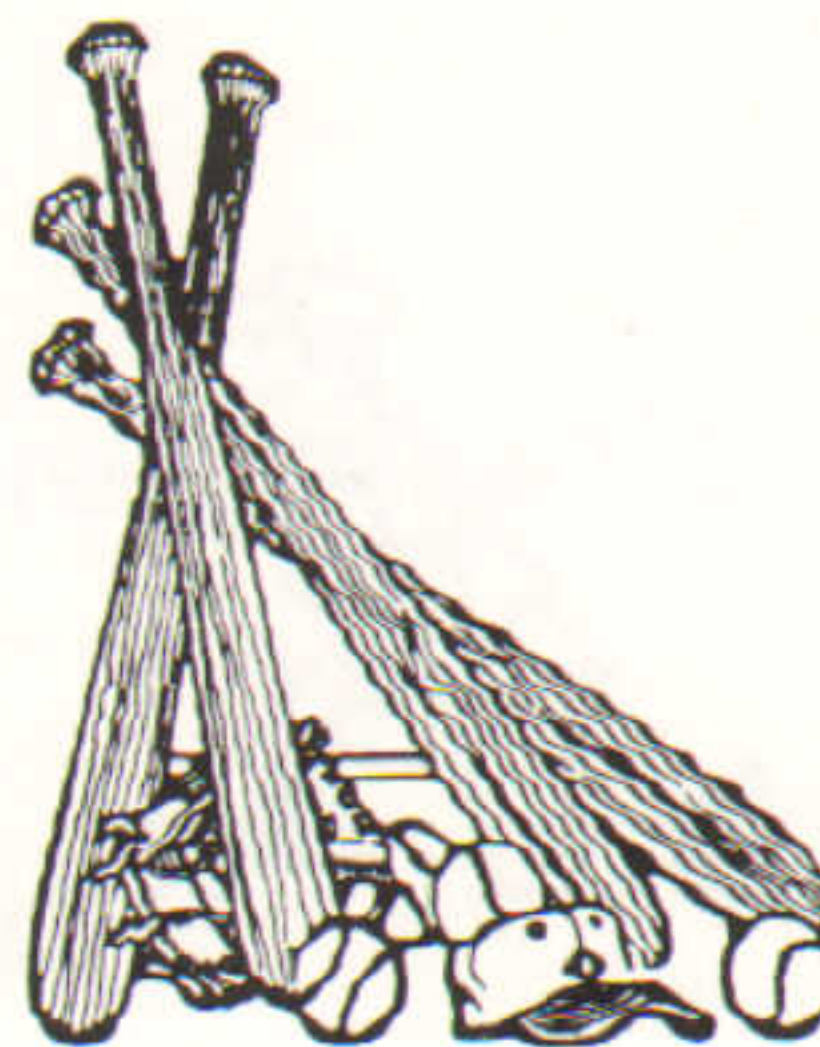
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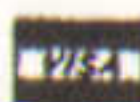
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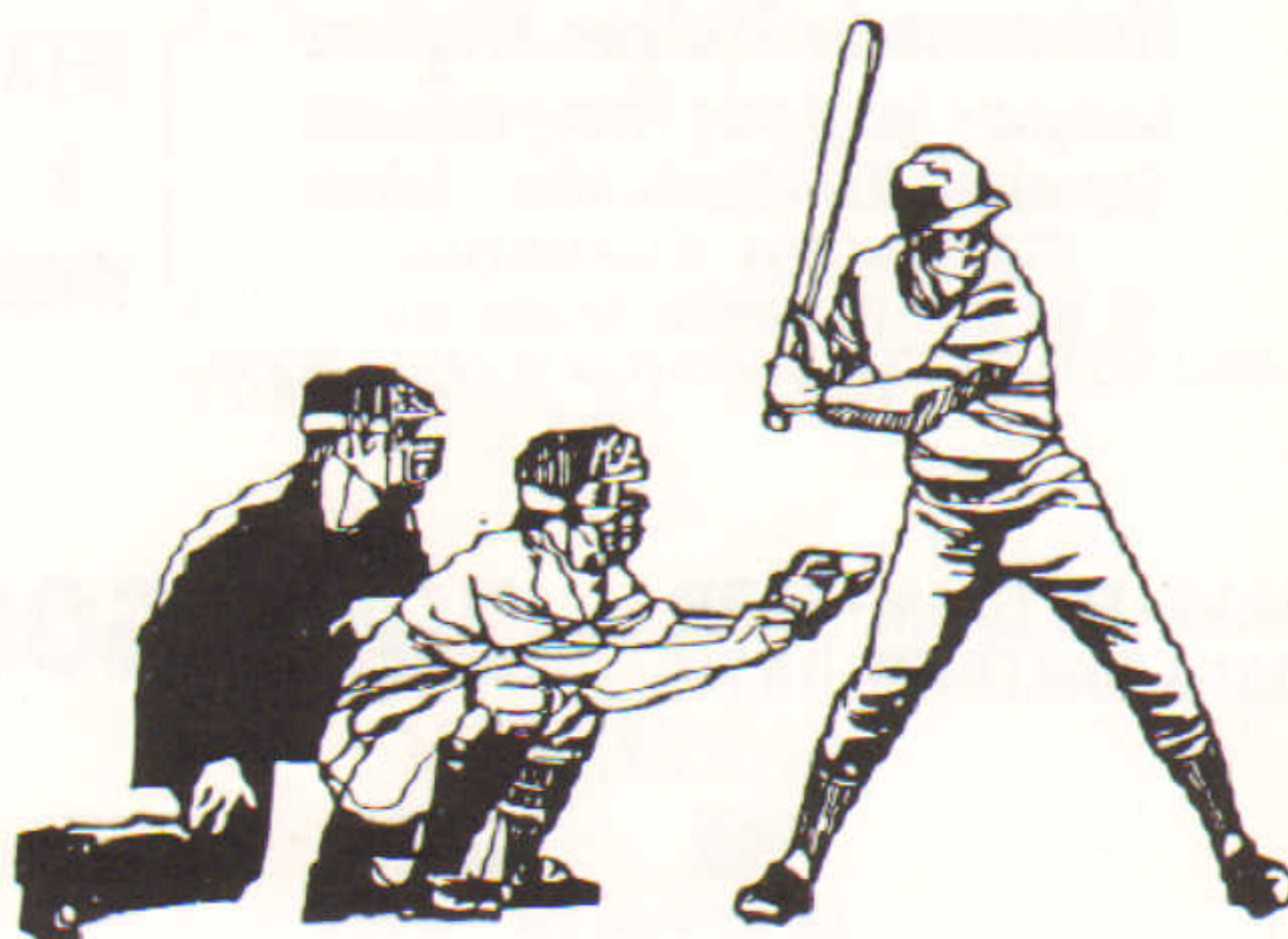


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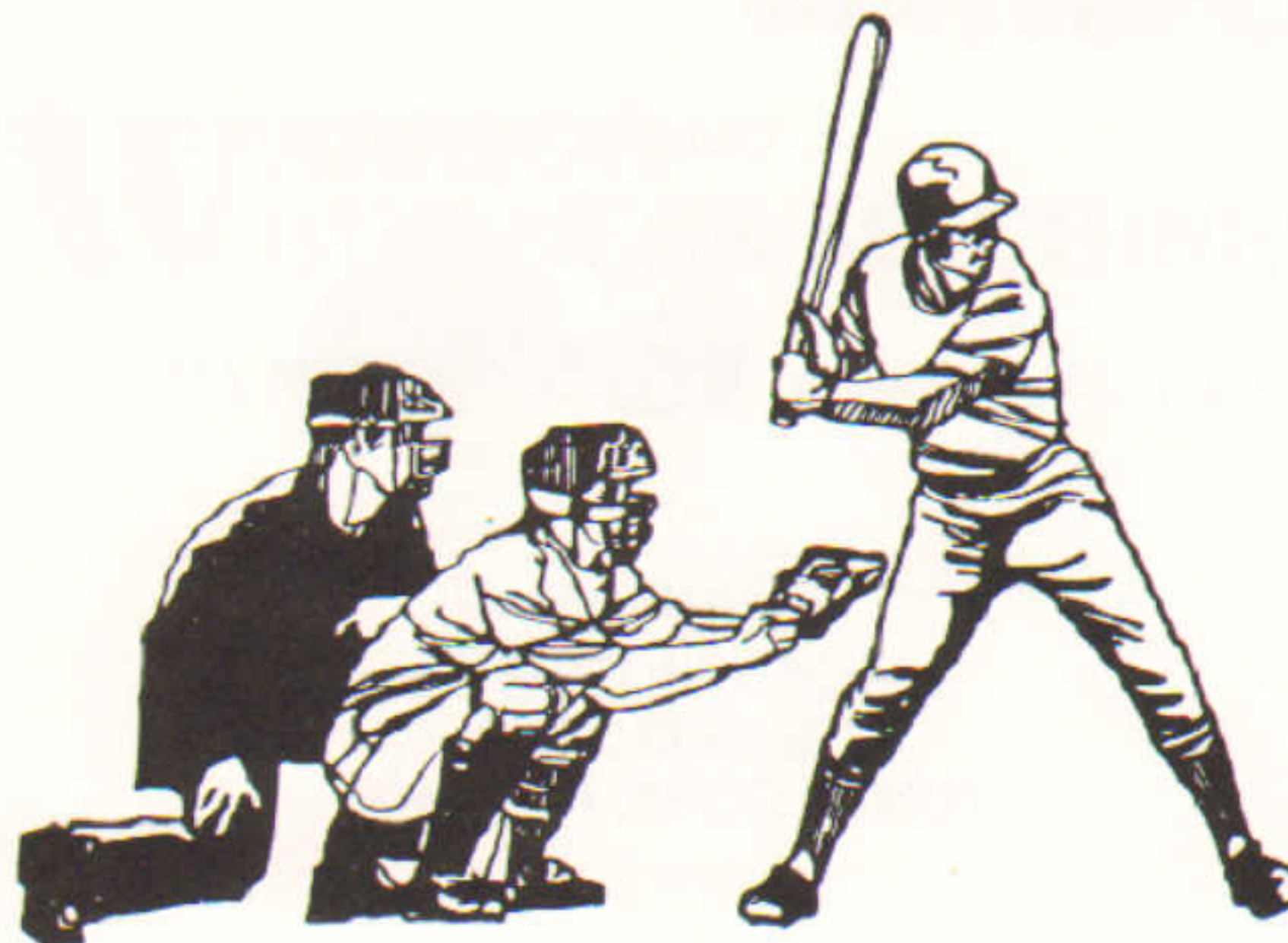


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"More Furniture For Your Money"

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*Serving West Alabama and
East Mississippi since 1948.*



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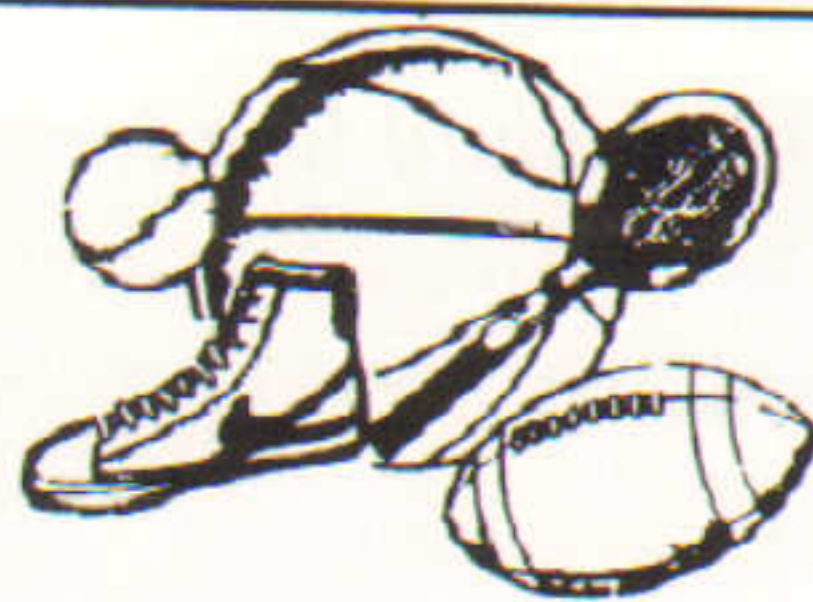
the hair L performers

LINDA ROBERTS

216 Vestavia Shopping Center
Northport, Alabama 35476



Dana Ussery
Scorekeeper



If You Know Where You Are Going

The world will make a place for you
If you know where you are going;
They'll stand aside and help you pass
If you'll just keep on growing.
But they will hold you in contempt
And scorn your lofty morals
If they discover you're content
To rest upon your laurels
The world takes pride in goals
you've won,
And has from your beginning,
But they'll admire you so much more
If you'll go right on winning.
But if you rest content and cease
When others are aspiring,
Friends will begrudge you air
to breath
Nor weep when you are dying.
For we expect exploits from you
And hope you will be giving
The best you have and all you have
In brave adventurous living.
But if you give your second best
You'll reap what you are sowing,
while all stand up and cheer those on
who know where they are going.



*There is no right way to do a
wrong thing.*



*The gifts we have are only
ours on loan - so for today,
honor them, bless them, and
work at appreciating them.*

The Shelton State Baseball boosters would like to express our appreciation to those who support and contribute to our baseball program. We encourage you to shop these businesses; let them know you are from Shelton and appreciate their interest -
SUPPORT OUR SPONSORS!

INDEX OF ADVERTISERS

AA Boom Service	44	Landers Construction Co.	52
Acker Appliance	51	Lary's Trophy Shop	52
Alabama Credit Union	32	McAbee Construction Co.	43
Alabama Orthopedic Center	20	Memory Chapel Funeral Home	28
Alabaster Optical	34	Modern Woodmen of America	46
Anderson, Charles	44	Mr. G's Restaurant	51
Bama Car Wash	53	Moma Jewel's Restaurant	54
Bama Concrete	56	Northwood Auto Sales	26
Bank of Moundville	22	Oswalt, Trish	40
Basic Training	54	Park Trucking Co.	47
Bean Land Co.	58	Parkview Auto Service	50
Biolumaging	46	Parkview Drug	53
Bomar Feed & Seed	46	Patterson, Debra	11
Box Insurance Co.	47	Pottery Grill	45
Bryant Transmission	57	Plott, John Co.	12
Buddy's Rib & Steak	41	Plott, W.H. Agency	28
Buffalo Rock-Pepsi	8	Richardson Bldg. Co.	10
Burnette's Shoe Repair	48	Robinson, Dr. James	42
Camco Printing	36	Rug Gallery	44
Chapman's Market	57	Sleep World	44
City Cafe	47	Southland Restaurant	50
Cloverdale Gulf Station	48	Southside Davis Tires	49
Coca Cola Bottling Co.	16	Spiller Furniture	58
Curry Furniture	52	Steve's Grill & Billiards	49
Davis Petroleum	24	Superior Gutter Co.	46
DeLoach Motor Co.	43	Sumner Supermarket	53
DG's Gifts, etc	34	Taylor Electrical Contractors	47
Dr. Golf, Inc.	51	Taylor's Phillips 66	45
Dowdle Gas	55	The Hair Performers	58
Duckworth-Morris Companies	30	3UP3DOWN	50
Ed's & McKnight Barber Shop	51	Tidmore Veterinary Hospital	55
Farley's Forest Products	30	Tuscaloosa Farmer's Co-Op	26
Fast & Easy	48	Union Furniture Company	38
15th Street Diner	49	Uniroyal Goodrich Employees	14
First Care	42	Valley View Baptist Church	53
Friday Oil Co.	38	Vincent Boot & Shoe	56
He Is Lord Books	49	WCFT-TV	52
Hunt Refining Co.	18	WLXY	55
Jamison, Money, Farmer, Co., P.C.	45	WSPZ	54
Kincaid TV/Stereo, Inc.	48	Warren Tire & Auto Center	56
K-Mart	41	Warrior Business Machines	57
Kripsy Kreme	45	Willcutt Block Co.	36
Kubiszyn Ins. Co.	54	Wood Lane Furniture	56
LaLa's Kitchen	58	Wright's Bakery	50

A collage of black and white photographs featuring various scenes of high school baseball players and fans. The photos show players in uniforms, fans in bleachers, and individuals wearing team apparel like "WALKER HIGH SCHOOL" and "SHELTON BASEBALL" shirts. The collage is composed of several overlapping, irregularly shaped images.



1994 Shelton State Buccaneers

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